



LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



Roasted Local Asparagus

Featured Item: Asparagus

Serving Size: ½ Cup • Number of Servings: 4

Fun Facts:

- Purple asparagus turns green when you cook it.
- Once you plant asparagus it comes back every year for up to 15 years!

Try It!

- Make cooking a family affair! Kids can snap off the ends of asparagus to help make a healthy meal.
- Sprinkle a little Parmesan cheese on your asparagus.



INGREDIENTS

2 cups Asparagus, Raw

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Properly wash and trim asparagus spears.
3. Place dry asparagus on baking sheet.
4. Spray with cooking spray and sprinkle with black pepper and garlic powder (if available) to taste. Toss asparagus with tongs to coat in cooking spray and seasonings.
5. Roast in oven until just tender (12 to 15 minutes) depending on thickness.

Source: *Pisanick Partners, LLC.*